

# LYME-OLD LYME HIGH SCHOOL

*Regional School District #18*

*A Private School Experience*



*in a Public School Setting*

## SCHOOL COUNSELING DEPARTMENT

### **Class of 2026 - Welcome to Senior Year!!!!**

Senior year is a bundle of contradictions; you are bursting with excitement, as you are finally a SENIOR and experiencing some anxiety about finishing with a strong academic profile and working on your Post-High School plans. Luckily for you, we, in the School Counseling Department, are here to support you and help minimize the anxiety so you can enjoy all the pomp and circumstance of your Senior year. This newsletter contains a wealth of information to help you have a successful Senior year!

**SENIOR PARENT NIGHT:** Please join Ms. Tracy Lenz, Director of School Counseling, for **Senior Parent Night on Tuesday, September 16, 2025 at 6:30pm in the Library Media Center**. This evening will continue the post-secondary planning process and begin the college application process. Information presented will include info about SAT/ACT, post-secondary options, college application deadlines and requirements, the Naviance Student Program, virtual college visits and many other topics.

**FINANCIAL AID NIGHT:** There will be a Financial Aid program for Parents/Guardians of seniors on **Tuesday, October 7, 2025 at 6:30pm in the Library Media Center**. A financial aid officer from Connecticut College will walk us through the process of applying for financial aid, including explanations of the various forms (FAFSA/CSS Profile), as well as the filing deadlines and required documentation. You are not alone: this process can seem overwhelming but there is a great deal of help around. Just ask!

**ASVAB: Armed Services Vocational Aptitude Test:** The Armed Services Vocational Aptitude Battery (ASVAB) will be administered at LOLHS to interested seniors and juniors on **Wednesday, October 1, 2025 at 7:40am in the Library/Media Center**. The ASVAB provides valuable information to help select educational and career goals by linking your aptitudes with occupational areas. It can help assess your potential for future formal education and, if you are interested in the military, can help predict what areas of work you would qualify for in the military. Seniors and/or juniors can sign up through Naviance. Please note, you will need a fully charged CHROMEBOOK for testing day.

### **COLLEGE ADMISSIONS TESTING**

**LOLHS CEEB CODE: 070600**

While many colleges have moved to a test optional status, there are still colleges that require the SAT/ACT during the application process. Colleges that require SAT/ACT scores, may want the test scores to be sent directly from the testing agency: the College Board or the American College Testing service, either during the application process or prior to your attending their university. Please be sure to read

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**SCHOOL PSYCHOLOGIST** *Marci Kania C.A.S*

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your application directions thoroughly, and send official scores as needed, by going to [www.collegeboard.com](http://www.collegeboard.com) for SAT and AP scores, or to [www.actstudent.org](http://www.actstudent.org) for ACT scores. The individual college websites will provide the most up-to-date and reliable information so you are encouraged to research the individual college requirements on their websites. **The LOLHS School Counseling Department DOES NOT send any Standardized Test Scores** and they are not included on your high school transcript.

If you plan to improve your SAT/ACT scores, the testing dates for the 2025-2026 school year are posted on our website. Please copy and paste the following link into your browser to access the SAT/ACT testing dates and deadlines: [https://docs.google.com/document/d/16NoMGhbHPaDuDG9aogf8EJHybP\\_fBW3N/edit](https://docs.google.com/document/d/16NoMGhbHPaDuDG9aogf8EJHybP_fBW3N/edit).

The **Register Deadline date** is the last date to register without incurring a late fee. Please note: Registration deadlines can precede a test date by a month or more. Make sure to register early to avoid late fees and to ensure placement at your preferred test location. **Special Note:** There are fee waivers for all college admissions tests, which later can be used to waive college application fees. These waivers are granted based on demonstrated financial need. Please see your counselor if you feel you might be eligible.

### **IN-PERSON & VIRTUAL COLLEGE FAIRS:**

#### **LOCAL:**

**Ledyard High School College Fair:** Wednesday, October 1, 2025 from 6:30 – 8:00p.m.

#### **REGIONAL / NATIONAL:**

**NEACAC College Fairs:** Check: <https://neacac.memberclicks.net/fall-college-fairs-2025>

**Western New England University:** Sunday, September 21, 2025, 12:00-2:00pm Alumni Health Living Center, Springfield, MA.

**Southern CT College & Career Fair:** Tuesday, September 30, 2025 4:30pm-7:30pm, Hartford HealthCare Amphitheater, 500 Broad St., Bridgeport, CT 06604.

<https://www.ctcollegefair.com/students-families>

**University of New Haven:** Thursday, October 9, 2025 9:00am-11:00am, Charger Gymnasium, West Haven, CT

**NACAC National College Fairs (virtual fairs):** Register at:

<https://www.nacacnet.org/nacac-college-fairs/>

Sunday, September 14, 2025 from 1-6 PM

Sunday, October 19, 2025 from 1-6 PM

Sunday, November 9, 2025 from 1-6 PM

**NAVIANCE STUDENT:** This year, we will again be processing and sending transcripts and related documents: counselor recommendations, teacher recommendations and the Lyme-Old Lyme High School profile, electronically to over 800 colleges, including all Common Application schools. All requests for transcripts necessary for college admissions will be handled online through the Naviance program. A detailed 'College Process' letter will be provided to students during the 'Writing and Communication for the Real World' class. Students not enrolled in the 'Writing and Communication for the Real World' class will meet with their counselor regarding the college application process but for your convenience we have posted it on our website: <https://docs.google.com/document/d/1PEIzyyNunqFfgddfeQGHnIQxVslJyS2P/edit>

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**SCHOLARSHIP BULLETIN:** A Scholarship Bulletin prepared especially for the Class of 2026 is available on the website. This Bulletin lists local, state and regional scholarship opportunities according to their deadline dates. We have application packets in our office for scholarships listed in the Bulletin. Additionally, information on each of these scholarships is on the Naviance Student website, by clicking on the 'scholarship and money' link under the Colleges tab. The scholarship list on Naviance Student includes many national scholarships, as well, and can be sorted according to various categories, including deadlines, desired majors, local opportunities, and etc. This is a great resource. Please see your counselor if you need help working with scholarship applications.

Please copy and paste the following link into your browser to access the Scholarship Bulletin:

[https://docs.google.com/document/d/18GpGVbz\\_nO3a9FPabFWCrKaVOq7XiGuB/edit?usp=sharing&ouid=102549481473043274235&rtpof=true&sd=true](https://docs.google.com/document/d/18GpGVbz_nO3a9FPabFWCrKaVOq7XiGuB/edit?usp=sharing&ouid=102549481473043274235&rtpof=true&sd=true).

**VISUAL/PERFORMING ARTS PORTFOLIOS:** If you are interested in pursuing a career in visual/performing arts, you should be building a portfolio of your work/accomplishments. Artwork, videos of performances, architectural drawings, written work (poems or creative writing, etc.) whatever is relevant to your area of interest. Go to: <https://nationalportfolioday.org/schedule> to learn about National Portfolio Days this fall.

**STUDENT ATHLETES:** If you are interested in pursuing college athletics, be sure to check the NCAA Clearinghouse website, [www.eligibilitycenter.org](http://www.eligibilitycenter.org), to learn about the rules for athletics at the college level. Do not wait too long! These rules may influence your course selections here at LOLHS and following them will ensure that you are eligible to play at the college/division you seek. Upon registering for the NCAA, be sure to send your SAT and/or ACT scores as well as request your LOLHS transcript be sent to the eligibility center.

**DEPARTMENT WEBSITE:** The School Counseling Department's website is a valuable resource of useful information pertinent to your four years of high school. All Parent Night Presentations are archived and you will find links to helpful websites on a variety of topics. The website is accessible from the Region 18 website: <https://lolhs.region18.org/counselingguidance>.

## We look forward to working with you throughout this important year.

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